

WASH YOUR HANDS

Before Returning to Work

WET



Wet your hands under warm running water.

SOAP



Apply soap. Rub hands palm to palm for 20 seconds.

WASH



Wash back of hands, wrists, between fingers & under fingernails.

RINSE



Rinse hands well under running water.

DRY



Dry hands thoroughly with a clean paper towel or hand dryer. Turn off running water with a paper towel, NOT with bare hands.